



Flu Vaccines (Shots) Can Protect Your Children and You

Swine Flu

2009 H1N1 (also called "swine flu") is a new flu virus that makes people sick. Swine Flu is different from the seasonal flu virus. Most people cannot fight off the swine flu virus. Flu shots are available to protect against the swine flu.

Experts from the Centers for Disease Control and Prevention (CDC) recommend that children aged 6 months and older get both the seasonal flu and swine flu shots. Both of these flu shots can be given on the same day. Call your child's doctor and make an appointment to get both flu shots.

The Healthy Families Program (HFP) covers the shots for swine flu and the seasonal flu at no charge to you. There is no copayment for the shots. The HFP also covers oral anti-viral medications if medically necessary.

Ways to Reduce Flu Risks for Your Family

You can protect your child against flu by:

- Getting a seasonal flu shot for yourself
- Getting a swine flu shot for your child. Ask your doctor about whether you should get one too.
- Covering coughs and sneezes with a tissue. Throw the tissue in the trash after you use it.
- Washing hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoiding touching your eyes, nose and mouth. Germs spread this way.
- Staying away from people who are sick.
- Keeping a sick person in a separate room from others in the household, if possible.
- Keeping surfaces like bedside tables, surfaces in the bathroom, kitchen counters and toys for children clean with a household disinfectant.

How Can I Learn More?

Ask your doctor. Call your local or state health department. Contact the Centers for Disease Control and Prevention (CDC) at 1-800-232-4636 (1-800-CDC-INFO) or visit CDC's website at <http://www.cdc.gov/h1n1flu> or <http://www.cdc.gov/flu>. You can also visit the U.S. Department of Health and Human Services website at <http://www.flu.gov>

Healthy Families Program
A healthier tomorrow starts today!

Visit the HFP website at: <http://www.healthyfamilies.ca.gov>